DOCUMENT RESUME

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AUTHOR	Childre, Doc Lew; Paddison, Sara Hatch, Ed.
TITLE	Teaching Children To Love: 80 Games & Fun Activities for Raising Balanced Children in Unbalanced Times.
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IDENTIFIERS	HeartMath

ABSTRACT

Raising children in today's fast-paced society requires love and technique. Ways that parents can teach children to love, teach them values, and help them balance their lives are discussed in this activity book. The text opens with a discussion of heart intelligence (what is sometimes equated with emotional intelligence). Heart intelligence operates under the premise that the heart and the brain are powerfully connected and this heart-brain dynamic regulates every function of the body and brain. With this in mind, the text presents exercises and tools that parents and guardians can use to teach children to love. Each chapter features a special theme and lists specific, age-appropriate exercises for children from age 2 years to 19 years. Chapter 2 centers on the discovery of love in which children are taught how to feel secure. In chapter 3, activities that foster mutual appreciation between family members are outlined. The freeze-frame tool is explained next, a technique in which adults and children are taught to pause and listen to their heart. Other chapters delve into communication, listening skills, expanding perception, achieving emotional balance, and learning to work as a team. (RJM)

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